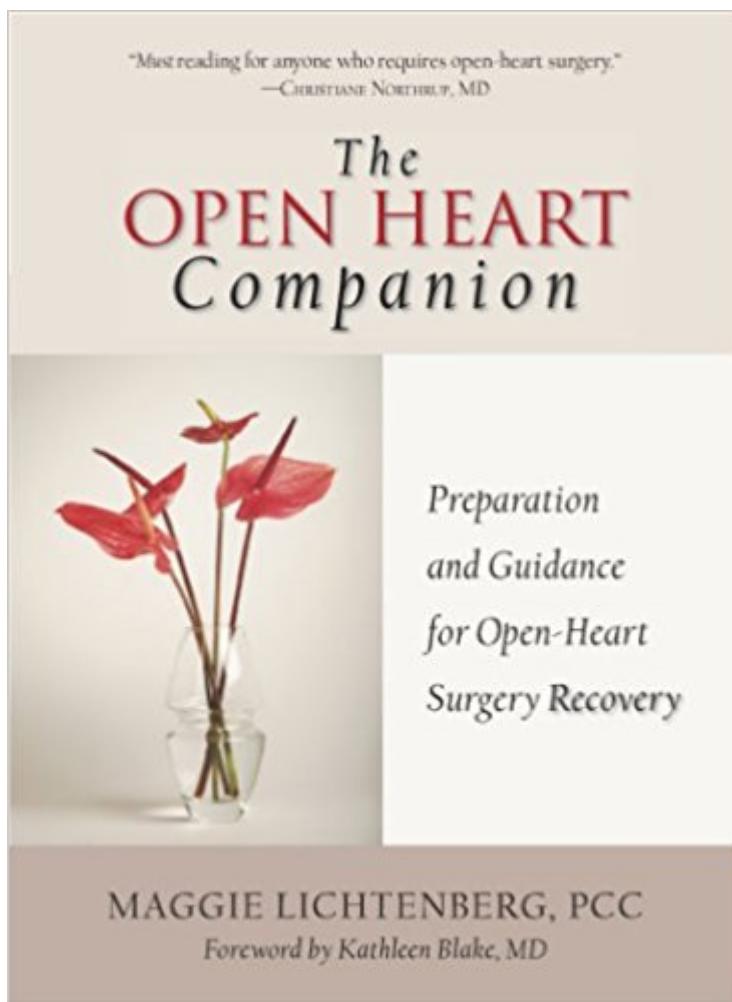


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# The Open Heart Companion: Preparation And Guidance For Open-Heart Surgery Recovery



## Synopsis

The Open Heart Companion: Preparation and Guidance for Open-Heart Surgery Recovery

## Book Information

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## Customer Reviews

The Open Heart Companion: Preparation and Guidance for Open-Heart Surgery Recovery

This book help affirm that my plan is on the right path. Once I get home my hard work will start. My PMA is real good during the day. Not so good at night. I struggle with sleep problems before the anxiety of what is front of me and they have gotten worse as I get closer to the day 9/3/2015 at Mount Sinai. My hope is that I can identify what state my body is in and not to over or under do my activity during recovery. Also to avoid getting things that I have control over. Don't visit if you are sick and wash your hands when you get to the house. The sanitizer is on the counter as you enter the house! I am self employed and work at a desk. I have a full office right across the hall from my bedroom. Rest,work a little, rest is my plan. Not sure if the mental abilities will be good enough, but I plan on trying. Same goes for physical exercise. I plan to do some every day and a little more each day.

My 82 year old father had open heart surgery (mitral valve replacement) surgery in January. My family was all so focused on whether or not he would make it through the surgery itself that we forgot to discuss recovery with his doctors and surgeon beforehand. Depression set in during the

recovery - a deep, dark depression that I feared he would not come out of. This book really helped, along with a good physical therapy program and some counseling. Dad just wasn't prepared for the long recovery - physically, mentally or emotionally. I bought the book for him because it was written by a woman who had the same type of surgery as my dad. She is not a doctor and I thought that would help him relate to the book and her story maybe a bit more than a book written by a doctor who would have knowledge and wisdom, but no real firsthand experience. I'm really glad I got it for him. There are such great little nuggets of wisdom here. It really helped him to see that his situation was very, very normal, and that there could actually be light at the end of the tunnel! I would highly recommend this little book for anyone preparing for or recovering from open heart surgery. Read it all the way through, take the information she has to give to heart, give yourself time to heal properly and know that you aren't alone in your suffering. This book will give you things to think about and will help you understand that what you're going through is par for the course.

My surgery was 2 years ago. During my entire experience, not once did I come across anyone who had gone through what I was about to go through. The specialists, therapists, nurses, doctors, PA's, EVERYONE could only tell me what they had heard I could expect - not one person could look me in the eyes and say - "This is how it went for me". I finally was able to relate to my surgery much better nearly 2 years after my procedure when I came across this book. I have inquired about becoming a patient advocate to be the one that patients facing this surgery can talk to - to look into my eyes, and to see and hear what I experienced. Don't get me wrong, the staff that helped me successfully get through this procedure was great, but my experience could have been better being able to speak with someone that could relate to my fears and my concerns. Excellent Book. Male, 46 years old, Mitral Valve Repair surgery - June 23, 2011.

This book was one of the best books I've read on open-heart surgery and the things you need to think about when preparing for surgery. We bought this book after my husband's first open-heart surgery. Two years later he had a second operation to replace his valve and reading this book helped us prepare ourselves for the second surgery. This book also talks about rehab and what to expect. I highly recommend this book.

This book feeds the belief that, "prepare for the worst, hope for the best". Open heart surgery is very scary, and this book will tell you that in many different ways. It's a lot of common sense. I think it is very important to go into OHS with a positive attitude. I found this book to be very negative.

This is filled with good information. After reading it, I was better prepared to ask questions while going through my tests and procedures to verify the need for open heart surgery. Also, I have found: 1). That you cannot give your own blood before surgery. 2). Today the patient is given a lot more instruction about the surgery and able to prepare better 3). You are given someone to contact who actually went through the surgery you will be going through. Now I feel much more at ease to having my open heart surgery.

I was grateful for this book, and kept it with me the whole time my husband was in the ICU. It was detailed and informative, and had some information in it that the hospital paperwork didn't. Particularly the bits about creating a home team and arranging for friends to visit, the heads up about depression and anger in the wake of the operation - these things were helpful to read about. But I definitely expected my husband to be a kind of invalid following surgery, when in fact he could more or less take care of himself. Better to prepare for the worst and be pleasantly surprised, though. In the end, I recommend this book, taken with a grain of salt.

Having had open heart surgery for valve replacement, this book is a great read for anyone who experienced a heart related event in their life. This book goes step by step explaining how a patient can research and prepare for surgery - a real plus - along with tips to relax when faced with upcoming surgery. For after surgery - it is a great resource for both patient and caregiver. This book is very informative. There are very few books that focus on the heart - this one is an excellent resource for anyone.

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